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## **Patient Information on Sclerotherapy**

Sclerotherapy is a medical procedure used to eliminate spider and reticular (slightly larger than spider) veins. Sclerotherapy involves injection of a chemical into the vein to be treated with a very small needle. Asclera (polidocanol) is a solution that irritates the lining of the blood vessel, causing it to clot and stick together. Over time, the body removed the blood vessel and it fades from view. Sclerotherapy is a proven, safe procedure and has been used since the 1930's. Polidocanol has been used "off label" for decades, and Asclera has been FDA approved since 2010. Studies have shown that as many as 85% of injected veins may be resolved within 12 weeks. However, many patients do need multiple treatment separated by 2-4 weeks.

### **Before Sclerotherapy:**

- Purchase and bring support hose with you to your appointment
- Do not apply lotion to your legs before the procedure
- You may bring shorts to wear during the procedure if you like

### **After Sclerotherapy:**

- You will have cotton balls applied to the injection sites. You'll put the support hose on over the cotton balls before you leaving the office.
- Cotton balls need to stay on for 24 hours.
- Walking is encouraged, and you should walk 15-20 minutes daily or a few days after the procedure
- Keep the support hose on to "compress" the treated vessels for 2-3 full days. Wear the hose during the day for the next 2 weeks.
- After the injections, avoid aspirin, ibuprofen, or other anti-inflammatory drugs for 48 hours. Tylenol may be used.
- For 2-3 days following treatment, avoid heavy exercise, sunbathing, long plane flights, hot baths and sauna.

**As always, please call our office if you have any questions or concerns**